

ABSTRACT

The invention relates to an exercising device (10) for building strength and flexibility of muscles and other tissues, comprising a substantially vertically arranged first stand (11) for abutment against a substantially plane and horizontal underlying surface and a second stand (12), arranged in parallel with the first stand (11), for abutment against a substantially plane and horizontal underlying surface, wherein the stands (11, 12) comprise an elongated element that can be gripped by a user, which elongated element is arranged substantially horizontally and is connected to at least one element projecting towards an underlying surface. A bow (17) that can be gripped is projecting upwards from the stands (11, 12). The bow (17) comprises a first portion (18) projecting substantially vertically from the first stand (11), a second portion (20) projecting substantially vertically from the second stand (12) and a connecting portion (19) connecting the first portion (18) and the second portion (20).